

## ***USS GATOR HP Program Evaluation Plan***

**The method of measuring the effectiveness of your HPP activities. Can be “process/qualitative” measures and/or “outcome/quantitative” measures.**

**Use METRICS where possible.**

- After completion of all the HRA or HEAR forms, record the total number of surveys submitted for evaluation and compare this to the total number of crew members to determine the percent participation.
- Keep a roster of all members who successfully complete the four-week tobacco cessation workshop and remain tobacco free 6 weeks and 6 months after completion of the course. The results of the annual HRA or HEAR surveys will also determine the percentage of tobacco users currently at the command.
- Keep a roster of all members who exceeded the Navy body fat standards during the May 1998 PRT cycle and compare it to the roster of members who exceeded the Navy body fat standards during the November 1998 PRT cycle.
- Compare the number of members noted to have blood cholesterol levels greater than 200 mg/dl in 1997 and who attended the cholesterol education workshop to the number of members noted to have elevated blood cholesterol levels in 1998.
- Keep a roster of all those members diagnosed with hypertension after thorough screening and monitor success of each member to maintain a normal blood pressure while on medication or after significant lifestyle modifications.
- Keep a roster of members who attended any health promotion events throughout the year to determine the level of command participation and the subsequent increase in health awareness.